



HEALTH SCORE

53%

## Apple Butter Pork Loin



Gluten Free



Dairy Free



Popular

READY IN



195 min.

SERVINGS



6

CALORIES



513 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 2 cups apple juice
- ☐ 4 pound pork loin roast boneless
- ☐ 0.3 cup brown sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 6 servings seasoning salt to taste
- ☐ 2 tablespoons water

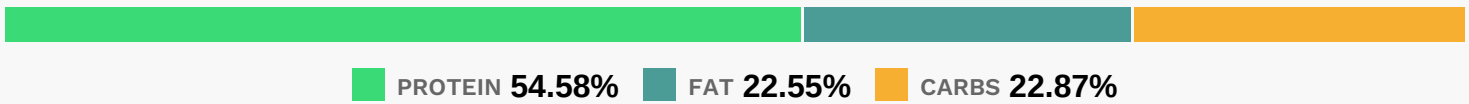
# Equipment

- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

# Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Season the pork loins with seasoning salt, and place them in a 9x13 inch baking dish or small roasting pan.
- ☐ Pour apple juice over the pork, and cover the dish with a lid or aluminum foil.
- ☐ Bake for 1 hour in the preheated oven. While the pork is roasting, mix together the apple butter, brown sugar, water, cinnamon, and cloves.
- ☐ Remove pork roasts from the oven, and spread with apple butter mixture.
- ☐ Cover, and return to the oven for 2 hours, or until fork-tender.

# Nutrition Facts



# Properties

Glycemic Index:7.63, Glycemic Load:3.74, Inflammation Score:-3, Nutrition Score:29.311304421529%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

# Nutrients (% of daily need)

Calories: 513.11kcal (25.66%), Fat: 12.47g (19.18%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 27.85g (10.13%), Sugar: 25.14g (27.94%), Cholesterol: 190.51mg (63.5%), Sodium: 351.85mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.9g (135.8%), Selenium: 84.06µg (120.08%), Vitamin B6:

2.31mg (115.54%), Vitamin B1: 1.36mg (90.62%), Vitamin B3: 17.46mg (87.32%), Phosphorus: 688.56mg (68.86%), Zinc: 5.48mg (36.54%), Potassium: 1249.28mg (35.69%), Vitamin B2: 0.58mg (34.37%), Vitamin B12: 1.54µg (25.7%), Vitamin B5: 2.32mg (23.18%), Magnesium: 84.84mg (21.21%), Manganese: 0.23mg (11.37%), Copper: 0.21mg (10.5%), Iron: 1.89mg (10.49%), Vitamin D: 1.21µg (8.06%), Calcium: 34.26mg (3.43%), Vitamin E: 0.42mg (2.82%), Fiber: 0.59g (2.36%), Vitamin C: 0.89mg (1.08%)